**Beet Greens with Roasted Potato Crisps**

**Produce**

garlic (if needed)

yellow onion

1 bunch beet greens

1 bunch Russian kale

fresh dill

2 cucumbers

1 fennel bulb

3  medium sized red potatoes - 1/2 lb.

1 lemon

**Canned/Dried Foods**

low sodium veggie broth (if needed)

low sodium soy sauce(if needed)

balsamic vinegar (if needed)

 honey(if needed)

**Frozen Foods**

chickenless tenders. (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless breast (if eating meat)

**Chilled Foods/Dairy**

plain, nonfat yogurt(if needed)

feta cheese crumbles (if needed)